



Profiles in Wellness



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In my late 60's the arthritis pain in my neck and shoulders was excruciating. I couldn't lift a teakettle filled with water or open jars. When traveling I needed help pulling my small wheeled carry on. I realized if I intended to grow older and live an active, pain free life, it was essential to make a change.

Taking action, I found a supportive trainer who advised weight training, cardiovascular exercise and walking. We started working together three times a week. At first I could barely raise a one-pound weight.

Gradually we increased the weights one pound at a time. After three months of hard workouts, the pain in my shoulders, neck and arms had subsided. Encouraged I kept up trainings and brisk walks. Nine month later I was lifting eight pounds and feeling so much stronger.

Now 85, I continue weight training, take Pilate classes, walk regularly and exercise in a swimming pool. These activities invariably improve my mood. I sleep sounder and am more alert and energetic, allowing me to enjoy life with my husband. By changing my lifestyle I discovered that it's never too late to make changes and enjoy old age.